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in this brochure may vary slightly from the actual product.

Breville

the Kinetix® Aero
Instruction Booklet



BBL420

CONGRATULATIONS

on the purchase of your new
Breville Kinetix® Aero

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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operating the Breville Blender for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the blender for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the blender near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances. Vibration during operation may cause the appliance to move.
- Do not use the blender on a sink drain board.
- Do not place the blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Handle the blender and attachments with care – remember the blades are razor-sharp and should be kept out of the reach of children.
- Care shall be taken when handling the sharp cutting blades, emptying the bowl and during cleaning.
- Always ensure the blender is completely assembled before operating. The blender will not operate unless properly assembled.
- Do not use attachments other than those provided with the blender.
- Do not attempt to operate the blender by any method other than those described in this booklet.
- Always secure the blade assembly onto the blender jug before attaching to the motor base.
- Ensure the Variable Speed dial is in the OFF position and the blender is switched off at the power outlet and the power cord is unplugged before attaching the blender jug.
- Always operate the blender with the blender jug lid in position.
- Keep fingers, hands, knives and other utensils away from moving blades.
- Do not place hands or fingers into the blender jug unless the motor and blades have come to a complete stop. Ensure the Variable Speed dial is in the OFF position and the appliance is switched off at the power outlet and the power cord is unplugged before removing the lid from the blender.
- Ensure the motor and the blades have completely stopped before disassembling. Ensure the Variable Speed Dial is in the OFF position and the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet before attempting to move the blender, when not in use, if left unattended and before disassembling, cleaning or storing.
- Care should be taken when removing the food from the blender jug by ensuring the motor and the blades have completely stopped before disassembling. Ensure the Variable Speed Dial is turned to the OFF position, the appliance is switched off at the power outlet and unplugged, before

removing the lid from the blender jug. The blender jug should then be removed from the motor body and the food carefully removed before attempting to remove the blade assembly.

- Do not operate the blender continuously for periods longer than 2 minutes on any setting. None of the recipes in this book are considered a heavy load. If the blender is operated continuously for too long, it should be allowed to rest for 25-30 minutes before recommencing.
- Allow the motor to rest for 1 minute between each use.
- Do not operate the appliance continuously with heavy loads for more than 10 seconds.
- Do not process hot or boiling liquids - allow liquids to cool before placing into the blender jug.
- Do not move the blender whilst in operation.
- Do not leave the blender unattended when in use.
- Do not place any part of the blender in the dishwasher or microwave oven.
- Do not place anything on top of the blender jug when the lid is on, when in use and when stored.
- Keep the blender clean. Follow the cleaning instructions provided in this book.
- Always turn the power off at the power outlet and then remove the power plug from the power outlet before attempting to move the appliance, when the appliance is not in use and before cleaning or storing.

MOTOR OVERLOAD PROTECTION

- Your blender is equipped with overload protection.
- If your blender is overloaded the motor will stop and the “overload protection” light will flash, next to the ice crush button.
- Please do not attempt to use the blender while the “overload protection” light is flashing.
- Once the warning light stops flashing (this could take up to 30 minutes) the blender has cooled sufficiently and is ready to use again. Reselect the desired speed or function. If you have turned the blender off you will need to switch it back on, wait for the flashing light to stop then reselect the desired speed or function.
- We recommend removing a portion of the mixture, cutting food into smaller pieces of even sizing and / or processing a smaller amount per batch.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Unwind the power cord fully before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or motor base in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

KNOW

your Breville Kinetix® Aero

KNOW YOUR BREVILLE KINETIX® AERO



- A. **Inner measuring cup**
For adding ingredients whilst blending and doubles as a blade removal tool.
- B. **Large 1.6 litre glass jug**
- C. **Illuminating pulse/ice crush button**
- D. **Variable speed control**
With 12 settings.
- E. **Breville Assist™ lid**
Ring pull ensures the lid is easy to remove yet sealed tight during operation.
- F. **Kinetix® blade assembly**
- G. **Cord storage**

OPERATING

your Breville Kinetix® Aero

BEFORE FIRST USE

Remove and safely discard any packaging material and promotional labels. Disassemble the blender by following disassembly instructions in this manual. Wash the lid, inner cup, blender jug, and blade assembly in warm, soapy water with a soft cloth. Rinse and dry thoroughly. Wipe the motor base with a damp cloth and dry thoroughly.

NOTE

The blending blades are extremely sharp. Avoid any contact with fingers and hands.

ASSEMBLING AND ATTACHING THE BLENDER JUG

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the Variable Speed Dial is in the OFF position and the appliance is switched off at the power outlet and the power cord is unplugged.
2. Drop the blade assembly inside the blender jug into position. Apply a small amount of pressure to the blade assembly pushing until it snaps into place.



3. Turn the blender jug upside down on the bench. Place the blade assembly collar onto the blade assembly and turn in a clockwise direction until tight.



4. Turn the blender jug upright and insert onto the motor base. The handle of the blender can be positioned to the left or the right of the appliance. Add food or liquid into the blender jug ensuring not to exceed the MAX mark. Place the blender lid firmly into position on the top of the blender jug. Insert the clear inner cup into the blender and turn until secured into position.



NOTE

When adding oil or other liquids during the operation, turn the clear inner cup to the unlocked position and pour through the hole in the lid. The inner cup can be removed to add ingredients or check the texture of the ingredients.

NOTE

The blender features a Breville Assist™ Lid. This allows the lid to fit tightly onto the blender jug, avoiding displacement during operation. The ring pull design allows easy removal of the lid with a simple leverage action.

OPERATING YOUR BREVILLE KINETIX® AERO



5. Plug the power cord into a 230/240V power outlet and switch on.
6. Ensure the blender is in the OFF position.

NOTE

Do not fill the blender jug above the MAX line. When the blender jug is filled at or near the MAX line place one hand on the blender lid to avoid displacement of the lid during operation.

Select the required speed (1 to 12) by turning the dial to the corresponding speed.

Operate the blender only for the appropriate amount of time required – do not over blend.

7. PULSE/ICE CRUSH button - For ingredients that require short bursts of power, like crushing ice. The pulse feature can be used while the blender is in the STANDBY position. When pressed, the pulse button will illuminate and will continue to operate until it is released.

NOTE

The maximum amount of ice cubes the blender can blend at any one time is 1 standard ice tray or 250g.

NOTE

Use the PULSE button when the food that is being processed is too thick or coarse to circulate within the blender jug.

8. At the end of use, always ensure the blender is turned to the OFF position. Then switch the appliance off at the power outlet and unplug the cord. Ensure the motor and blades have completely stopped before attempting to move the appliance, or when the blender is not in use and before disassembling, cleaning and storing.

NOTE

During the blending process, ingredients may stick to the side of the blender jug. To push the food back onto the blades, turn the blender to the OFF position, switch off at the power outlet and remove the power cord.

Remove the lid and use a plastic spatula to scrape down the sides of the jug. Replace the lid before recommencing blending.

NOTE

If any moisture or liquid appears on top of the motor base during blending, turn the blender to the OFF position, switch off at the power outlet and remove the power plug. Remove the blender jug. Wipe the motor base immediately with a dry cloth or paper towel to absorb the liquid. Check the blade assembly is correctly assembled.

DISASSEMBLING YOUR BLENDER FOR CLEANING, CARE AND STORAGE

1. Always ensure the Blender is off by turning the dial to the OFF position. Then switch off at the power outlet and unplug the power cord.
2. Remove the blender jug from the motor base by grasping the handle and lifting the jug in an upward direction.
3. To remove the blade assembly for cleaning, hold the jug up and remove the collar from the base by turning it anti-clockwise.
4. To remove the blades from the jug apply pressure on the underside of the blades. They should pop up inside the blender jug.

MOTOR OVERLOAD PROTECTION

- Your blender is equipped with overload protection.
- If your blender is overloaded the motor will stop and the “overload protection” light will flash, next to the ice crush button.
- Please do not attempt to use the blender while the “overload protection” light is flashing.
- Once the warning light stops flashing (this could take up to 30 minutes) the blender has cooled sufficiently and is ready to use again. Reselect the desired speed or function. If you have turned the blender off you will need to switch it back on, wait for the flashing light to stop then reselect the desired speed or function.
- We recommend removing a portion of the mixture, cutting food into smaller pieces of even sizing and / or processing a smaller amount per batch.

REASSEMBLING YOUR BLENDER JUG AFTER CLEANING

1. Ensure parts are clean and completely dry.
2. Turn the blender jug upside down on the bench. Place the blade assembly collar onto the blade assembly and turn in a clockwise direction until tight.



3. Place the inner measurement cup into the lid and turn until firmly locked into position.



WARNING

Never place anything other than food and liquids in the blender whilst the motor is running.

WARNING

Be careful when handling the blending blades as they are sharp. Mishandling of the blades may cause injury.

CARE, CLEANING & STORAGE

of your Breville Kinetix® Aero

CLEANING THE MOTOR BASE

Wipe the motor base with a soft, damp cloth then dry thoroughly. Wipe any excess food particles from the power cord.

CLEANING THE BLENDER JUG, LID, INNER CUP AND BLADE ASSEMBLY

Wash all parts in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge stubborn food. Rinse and dry thoroughly.

REMOVING STUBBORN OR STRONG FOOD STAINS AND ODOURS

Strong smelling foods such as garlic, fish and some vegetables such as carrots may leave an odour or stain on the blender jug and lid. To remove, soak blender jug and lid for 5 minutes in warm soapy water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.

STORAGE

Store your Breville Blender upright with the blender jug, lid and inner cup assembled and inserted on the motor base or beside it. Do not place anything on top.



WARNING

The blending blades are extremely sharp. Avoid any contact with fingers and hands. Use caution when handling and storing.

HINTS & TIPS

for your Breville Kinetix® Aero

HINTS & TIPS

DO

Use Low speeds (1 – 3) for light mixing and stirring such as dressings, marinades and batters and foods that require mixing until just combined .

Use Medium speeds (4 – 6) for heavy mixers and chopping ingredients.

Use High speeds (7 – 12) for blending, liquify and puree ingredients.

Use PULSE/ICE CRUSH for foods that only require short bursts of power such as crushing ice or chopping nuts.

Ensure all foods are cut into cubes (approximately 2-3cm squares) where appropriate to achieve an even result.

Blend thick mixtures when the blender is $\frac{1}{4}$ to $\frac{1}{2}$ full as they will puree more efficiently.

Place liquid ingredients (when using several ingredients) in the blender jug before solid ingredients, unless specified in the recipe.

Stop the blender and scrape down the sides of the blender jug with a plastic or rubber spatula, once or twice while blending thick or dry mixtures.

DON'T

Do not use metal utensils as they may damage the blades or blender jug.

Do not put more than 2 cups of ingredients into the blender before blending commences. After the blending process has begun and the blades are turning you may slowly add extra liquid or ingredients through the inner cup opening if desired.

Do not blend a heavy mixture for more than 10 seconds. For normal blending tasks, for example, mayonnaise, dressings etc., do not operate for longer than 2 minutes for liquid ingredients or 1 minute for dry ingredients at one time without turning off the blender and stirring the ingredients, and then continue blending.

Do not operate the blender without having the blender lid in position. To add additional ingredients whilst blending, remove the inner cup and place ingredients through

the opening in the lid. When adding oil or other liquids during operation, slowly pour through the hole in the lid.

Do not fill the blender jug above the MAX line. When the blender jug is filled at or near the MAX line, place one hand on the blender lid to avoid displacement of the lid during operation.

Do not place any objects, other than food or liquid, into the blender whilst the motor is running.

Do not use the blender to store food. The blender will not knead dough or mash potatoes.

Do not remove the blender jug while the blender is operating. Always make sure the blender is off by turning the Variable Speed Dial to the OFF position. Switch off the power at the power outlet and unplug the power cord from the power outlet.

Do not overload the blender with more than the specified quantity of ingredients as doing so could cause the motor to stall, if this occurs always make sure the blender is off by turning the Variable Speed Dial to the OFF position. Switch off the power at the power outlet and unplug the cord. Remove a portion of the mixture from the blender jug before continuing.

Do not place hot or boiling ingredients into the blender; allow to cool before placing into the blender jug.

WARNING

Avoid pressing the PULSE/ICE CRUSH button when scraping down sides of jug or when lid is removed . Advise to switch off the power at outlet and unplug the blender before continuing .

WARNING

The blending blades are extremely sharp. Avoid any contact with fingers and hands. Use caution when handling and storing.

RECIPES

PESTO

Makes approx 1½ cups

INGREDIENTS

- 1 large bunch basil, leaves picked
- 2 cloves garlic, halved
- 2 tablespoons lemon juice
- 100g pine nuts
- ½ cup olive oil
- 90g grated parmesan cheese
- Sea Salt to taste

METHOD

1. Place all ingredients into blender jug, select High speed, blend until all ingredients are very finely chopped and almost smooth. Scrape down sides of blender if necessary.
2. Spoon into an airtight container and chill until ready to use.

TIP

Pesto will keep in an airtight container in the refrigerator for a few days. Pour a little extra oil over the top of the pesto and place a piece of plastic wrap on top of the pesto. This will prevent excess browning.

EGGPLANT DIP

Makes approx 2 cups

INGREDIENTS

- 500g eggplants, stem removed
- 2 cloves garlic
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- ½ teaspoon ground cumin
- ½ cup fresh parsley leaves
- Freshly ground pepper to taste
- Fresh or toasted Lebanese bread

METHOD

1. Rub whole eggplants all over with a little oil. Place into a baking dish and bake in a hot oven 200°C for about 40 minutes or until skin is beginning to darken.
2. Add garlic to baking dish and continue baking eggplant and garlic until garlic is softened and eggplants are blackened and blistered all over. Remove from oven. Place eggplants into a plastic bag and set aside until cool enough to handle.
3. Remove skin from eggplants and discard, roughly chop the flesh and place into blender jug with garlic, lemon juice, olive oil sea salt and cumin.
4. Select High speed, blend until mixture is almost smooth, scraping down the sides of blender if necessary.
5. Add parsley sprigs, select PULSE setting and pulse until parsley is finely chopped. Season with pepper.

Serve dip with fresh or toasted Lebanese bread.

GARLIC AIOLI

Makes approx 2 cups

INGREDIENTS

- 4 - 6 cloves garlic
- 1 teaspoon sea salt
- 4 egg yolks
- 1½ cups light olive oil
- 1 tablespoon lemon juice

METHOD

1. Place garlic, salt and egg yolks into blender jug. Select Low speed and blend until garlic is finely chopped, about 20 seconds.
2. With blender running on High speed, slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute.
3. Serve with fresh vegetables or spread over fresh bread and top with marinated red capsicum or artichokes.

HUMMUS

Makes approx 1½ cups

INGREDIENTS

- 400g can chick peas, rinsed and drained
- 2 cloves garlic, peeled and halved
- ½ cup olive oil
- ¼ cup lemon juice
- 1 teaspoon sea salt
- ½ teaspoon ground cumin
- ½ teaspoon sumac
- Fresh Turkish or Lebanese bread to serve

METHOD

1. Place chick peas, garlic, olive oil, lemon juice, sea salt and ground cumin into blender jug.
2. Select High speed, blend until mixture is smooth, scraping down sides of blender during processing. If mixture becomes too thick add a little cold water to blender jug.
3. Spoon into a serving dish and sprinkle with sumac.

Serve with fresh Turkish or Lebanese bread.

TIP

Sumac is a popular Middle Eastern spice. It has a tangy lemony flavour and is similar to paprika in colour and texture.

MOROCCAN BROAD BEAN DIP

Makes approx 2 cups

INGREDIENTS

500g broad beans, fresh or frozen
 1 clove garlic
 ¼ cup fresh mint leaves
 ¼ cup fresh lemon juice
 2 tablespoons cold water
 1 teaspoon ground cumin
 ½ teaspoon sea salt
 1 small red chilli, seeds removed, finely chopped
 ¼ cup light olive oil
 Turkish bread to serve

METHOD

1. Place broad beans into a large saucepan of boiling water. Lower heat and simmer until tender, about 5 to 10 minutes. Drain well and refresh under cold running water.
2. Peel broad beans to remove the tough outer skins.
3. Place peeled broad beans, garlic, mint leaves, lemon juice, cold water, cumin, salt, chilli and olive oil into blender jug. Select Medium speed, blend until beans are finely chopped, about 1 minute, scraping down the sides of blender if necessary.
4. Spoon into a serving bowl and serve with fresh or toasted Turkish bread.

CREAMY WHITE BEAN PUREE

Serves 4

INGREDIENTS

250g dried white beans, soaked overnight in cold water
 3 cloves garlic
 1 litre vegetable stock
 2 sprigs fresh rosemary
 4 sprigs fresh thyme
 1 cup vegetable stock, extra
 Sea salt and freshly ground pepper

METHOD

1. Rinse soaked beans well and place into a saucepan with the garlic, vegetable stock and herbs.
2. Bring to the boil, lower heat and simmer covered with a lid for 1¼ to 1½ hours or until beans are very soft and tender. Most of the stock should have been absorbed. If bean mixture becomes too dry add a little extra water to pan. Remove from heat and allow to cool.
3. Remove herb sprigs and discard. Stir in extra 1 cup of vegetable stock.
4. Transfer beans and liquid in batches into blender jug.
5. Select Medium speed, blend until smooth.
6. Return pureed beans to saucepan to heat through. Season to taste with salt and pepper.

NOTE

This bean puree is delicious when served with roast beef or lamb or try it spread on toasted Sourdough bread.

CAESAR DRESSING

Makes approx 1½ cups

INGREDIENTS

1 tablespoon Dijon mustard
 2 tablespoons Worcestershire sauce
 2 small cloves garlic
 ¼ cup lemon juice
 4 anchovy fillets
 6 drops Tabasco sauce
 1 egg
 Sea salt and freshly ground black pepper
 ¾ cup olive oil
 cos lettuce, to serve
 shaved parmesan cheese, to serve
 Crisp fried bacon pieces, to serve
 croutons, to serve

METHOD

1. Place mustard, Worcestershire sauce, garlic, lemon juice, anchovies, Tabasco sauce, egg, salt and pepper into blender jug.
2. Select Medium speed, blend 20 seconds or until ingredients are well combined.
3. With blender running on Medium speed, slowly pour oil through the inner measuring lid, this should take about 1 minute.
4. Serve over crisp cos lettuce with grated parmesan cheese, crisp bacon and croutons.

SPICY MUSTARD DRESSING

Makes approx 2 cups

INGREDIENTS

1 cup whole egg mayonnaise
 ½ cup sour cream
 2 tablespoons white wine vinegar
 2 tablespoons whole mustard
 1 clove garlic
 1 teaspoon hot English mustard
 Few drops Tabasco sauce
 Salt and pepper

METHOD

1. Place all ingredients into blender jug.
2. Select Low speed, blend until all ingredients are well combined.
3. Serve as a dressing for potato salad or green salad.

SWEET APPLE PORK SPARE RIBS

Serves 4

INGREDIENTS

- ¾ cup apple juice
- 2 medium green apples, peeled and diced
- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 small red onion, chopped
- ½ cup lightly packed brown sugar
- 1 teaspoon ground allspice
- ½ teaspoon ground ginger
- 1 teaspoon salt
- ½ teaspoons ground black pepper
- 1 kg pork spareribs or pork chops

METHOD

1. Place apple juice, diced apples, olive oil, lemon juice, onion, brown sugar, allspice, ginger, salt and pepper into blender jug.
2. Select High speed, blend for 40 to 60 seconds or until mixture is smooth.
3. Pour marinade over pork chops or spareribs, cover and refrigerate. Allow to marinate for a few hours
4. Cook pork on a barbecue or in a 200°C oven until browned and cooked through.

TANDOORI CHICKEN

Serves 4

INGREDIENTS

- 200g natural yogurt
- 1 onion, chopped
- 3 cloves garlic
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon paprika
- Pinch cayenne pepper
- 1 teaspoon salt
- 1 tablespoon lemon juice
- 1 kg chicken pieces, skin removed

METHOD

1. Place yogurt, onion, garlic, cumin, coriander, paprika, cayenne pepper, salt and lemon juice into blender jug.
2. Select Medium speed and blend for 20 to 30 seconds or until ingredients are smooth and well combined.
3. Make small cuts over surface of chicken pieces to allow marinade to penetrate. Pour marinade over chicken, mix well, cover and refrigerate for a few hours or overnight.
4. Cook on a barbecue or grill plate until golden brown all over and chicken is cooked through.

COCONUT CURRY CHICKEN CUTLETS

Serves 4

INGREDIENTS

- ¼ cup curry paste
- ¾ cup coconut cream
- 1 tablespoon brown sugar
- 1 tablespoon ground coriander
- 2 teaspoon ground turmeric
- 2 cloves garlic, peeled
- 1 small red chilli, seeds removed and roughly chopped
- 1 teaspoon sea salt
- 1 kg chicken thigh cutlets

METHOD

1. Place curry paste, coconut cream, brown sugar, coriander, tumeric, garlic, chilli and salt into blender jug.
2. Select Medium speed, blend until all ingredients are finely chopped and well combined.
3. Pour marinade over chicken pieces, cover and refrigerate for a few hours or overnight.
4. Cook chicken on a barbecue or in a hot oven until well browned and cooked.

CAULIFLOWER AND LEEK SOUP

Serves 4 to 6

INGREDIENTS

- 30g butter
- 2 leeks, thinly sliced
- 1 whole medium cauliflower, cut into florets
- 3½ cups chicken stock
- ½ teaspoon ground white pepper
- Sea salt
- ½ cup grated parmesan cheese

METHOD

1. Melt butter in a large saucepan. Add leeks, cook over medium heat for 3 to 4 minutes or until leeks are soft.
2. Add cauliflower, stock and pepper and bring to the boil. Lower heat, cover with lid and simmer for 20 to 25 minutes or until cauliflower is tender.
3. Allow mixture to cool and transfer in batches to blender jug.
4. Select the Medium speed, blend until smooth.
5. Return pureed soup to saucepan to heat through. Season to taste with salt.

Serve soup topped with parmesan cheese.

NOTE

If soup becomes too thick when cooking or blending add a little extra stock or water.

SPICY PUMPKIN SOUP

Serves 4

INGREDIENTS

2 tablespoons oil
 1 large brown onion, chopped
 2 cloves garlic, crushed
 1 tablespoon red curry paste
 500g peeled, chopped butternut pumpkin
 1 Litre chicken stock
 Salt and pepper

METHOD

1. Heat oil in a large saucepan, add onion, garlic and curry paste and sauté 4 to 5 minutes or until onion has softened and curry powder is fragrant.
2. Add pumpkin and stock and bring to the boil. Lower heat and simmer covered with a lid for 25 minutes or until pumpkin is very soft.
3. Remove from heat and allow mixture to cool. Transfer in batches to blender jug.
4. Select Medium speed, blend until smooth.
5. Return pureed soup to saucepan to heat through. Season with salt and pepper.

RICOTTA BERRY PANCAKES

Makes 6 to 8

INGREDIENTS

3 eggs, separated
 200g ricotta cheese
 ½ cup milk
 ¾ cup self raising flour
 1½ teaspoons baking powder
 2 tablespoons caster sugar
 Butter for greasing
 fresh blueberries, to serve
 maple syrup, to serve

METHOD

1. Place egg yolks, ricotta cheese, milk, flour, baking powder and caster sugar into blender jug.
2. Select Medium setting, blend until ingredients are just combined, about 10 to 15 seconds, do not over process.
3. Beat egg whites in a large bowl until soft peaks form. Add ricotta mixture to egg whites and gently fold together.
4. Heat a heavy base frying pan or griddle over a low to moderate heat. Lightly grease with butter.
5. Spoon about 2 tablespoons of the mixture into pan and cook until golden brown on both sides.

Serve with fresh blueberries and maple syrup.

CHEESECAKE WITH MANGO AND PASSIONFRUIT COULI

Serves 8 to 10

INGREDIENTS

250g plain sweet biscuits, broken into pieces
 125g butter, melted
 250g cream cheese, cubed and softened
 395g can sweetened condensed milk
 ½ cup cream
 1 tablespoon finely grated lemon rind
 ¼ cup fresh lemon juice

Mango and Passionfruit Couli

INGREDIENTS

2-3 fresh ripe mangoes, peeled and chopped
 2-3 tablespoons of fresh orange juice
 Pulp of 3 passionfruit

Biscuit Base

METHOD

1. Place biscuits into blender jug.
2. Select PULSE setting and pulse until biscuits are finely crushed.
3. Place into a bowl, add melted butter and mix well. Press biscuits mixture into the base and sides of a greased and lined 20cm spring form pan. Chill until firm.

Filling

METHOD

1. Place cream cheese, condensed milk, cream, lemon rind and lemon juice into clean blender jug. Select High setting and blend until mixture is smooth and well combined, about 20 to 30 seconds, do not overbeat.
2. Pour into prepared crumb crust, cover and refrigerate for at least 24 hours before serving.

Mango and Passionfruit Couli

METHOD

1. Place mango and orange juice into clean blender jug. Select Medium setting, blend until smooth, pour into a serving jug and stir through passionfruit pulp.
2. Serve cheesecake with mango and passionfruit couli.

NOTE

If mango puree is a little too thick, add extra orange juice.

SUGAR SYRUP

Makes approx 3 cups

INGREDIENTS

3 cups white sugar
 2 cups water

METHOD

1. Place sugar and water into a heavy base saucepan and cook, stirring over a very low heat until sugar has dissolved.
2. Raise heat and simmer mixture for 10 minutes.
3. Remove from heat and allow to cool completely. Store in an airtight container in a cool place.

FRUIT DAIQUIRI

Serves 2

INGREDIENTS

- 1 cup chopped fresh fruit
- ½ cup white rum
- ¼ cup sugar syrup
- 8 medium ice cubes

METHOD

1. Place all ingredients into blender jug.
2. Select PULSE setting and pulse until ice is crushed.
3. Pour into 2 cocktail glasses to serve.

LIME AND MINT CRUSH

Serves 1

INGREDIENTS

- 1 lime, peeled and cut into 8 pieces
- 8 – 10 mint leaves
- ½ cup sugar syrup
- 30ml white rum or vodka
- 8 medium ice cubes
- 1 cup soda water or lemonade

METHOD

1. Place all ingredients into blender jug.
2. Select PULSE setting and pulse until all ingredients are roughly chopped.
3. Pour into a glass, serve immediately.

MARGARITA

Serves 2

INGREDIENTS

- ¼ cup tequila
- ¼ cup orange liqueur
- 1/3 cup fresh lime juice
- 1/4 cup sugar syrup
- 8 medium ice cubes

METHOD

1. Place tequila, orange liqueur, lime juice, sugar and ice cubes into blender jug.
2. Select PULSE setting and pulse until ice is crushed.
3. Serve in 2 salt rimmed glasses.

ICY CHOC COCKTAIL

Serves 2

INGREDIENTS

- 2 tablespoons Cream liqueur
- 1 tablespoon Coffee liqueur
- 2 tablespoons fresh cream
- ½ cup milk
- 2 tablespoons drinking chocolate
- 8 ice cubes
- 2 scoops ice cream
- 2 tablespoons chocolate topping to decorate

METHOD

1. Place Liqueurs, cream, milk, drinking chocolate and ice cubes into blender jug.
2. Select High speed, blend until ice is finely crushed and mixture is thick and creamy.
3. Pour into 2 glasses, top with a scoop of ice cream and drizzle with chocolate topping to serve.

BANANA PASSIONFRUIT FIZZ

Serves 2

INGREDIENTS

- 1 cup pineapple juice
- 1 banana, roughly chopped
- 1 orange, skin and pith removed then quartered
- 2 tablespoons passionfruit pulp
- 1 cup chilled soda water

METHOD

1. Place pineapple juice, banana and orange into the blender jug.
2. Select Medium speed, blend until well combined.
3. Stir in passionfruit pulp and soda water. Pour into 2 cocktail glasses to serve.

STRAWBERRY, CRANBERRY MOCKTAIL

Serves 2

INGREDIENTS

- 6 strawberries, hulled
- 10 mint leaves
- 6 medium ice cubes
- ½ cup pineapple juice
- ¼ cup cranberry juice
- 1 tablespoon lime juice
- ½ cup lemonade

METHOD

1. Place strawberries, mint leaves, ice cubes, pineapple juice, cranberry juice and lime juice into blender jug.
2. Select Medium speed, blend until strawberries and mint are very finely chopped.
3. Pour into 2 glasses and top with lemonade, serve immediately.

ROCKMELON AND PINEAPPLE FRAPPE

Serves 2

INGREDIENTS

- 150g chopped rockmelon
- 150g chopped fresh pineapple
- 1 cup pineapple juice
- 6 - 8 small ice cubes
- Mint leaves to decorate

METHOD

1. Place rockmelon, pineapple, pineapple juice and ice cubes into blender jug.
2. Select PULSE setting and pulse until ice is crushed and mixture is smooth and thick.
3. Pour into 2 glasses, decorate with mint leaves and serve.

RASPBERRY, ORANGE AND PEAR FRAPPE

Serves 2

INGREDIENTS

- 1 cup frozen raspberries, thawed
- 1 cup fresh orange juice
- 1 ripe pear, peeled, cored and chopped
- 6 - 8 small ice cubes

METHOD

1. Place all ingredients into blender jug.
2. Select High speed, blend until well combined and smooth.
3. Pour into 2 glasses and serve immediately.

BANANA SMOOTHIE

Serves 2

INGREDIENTS

- 2 ripe bananas chopped
- 1 cup natural or vanilla yogurt
- 1 cup milk
- 1 - 2 tablespoons honey

METHOD

1. Place banana, yogurt, milk and honey into blender jug.
2. Select Medium speed, blend until well combined.
3. Pour into 2 glasses and serve immediately.

TIP

For a thicker, creamier smoothie try adding a scoop of low fat vanilla ice cream or 5-6 ice cubes.

ESPRESSO MALT FRAPPE

Serves 2

INGREDIENTS

- 1 cup milk
- 60ml very strong espresso coffee
- 1 tablespoon malted milk powder
- 3 scoops vanilla ice cream
- 6 - 8 small or medium ice cubes

METHOD

1. Place all ingredients into blender jug.
2. Select High speed, blend until ice is finely crushed.
3. Pour into 2 glasses to serve.

STRAWBERRY, PASSIONFRUIT MILKSHAKE

Serves 2

INGREDIENTS

- 1 punnet strawberries, hulled
- 2 cups milk
- 3 scoops passionfruit or vanilla ice cream
- 2 tablespoons strawberry topping
- Pulp of 4 passionfruit

METHOD

1. Place strawberries, milk, ice cream and topping into blender jug.
2. Select the Medium speed, blend until well combined. Remove blender jug from base.
3. Stir through passionfruit pulp.
4. Pour into 2 glasses and serve immediately.

CHOC MALT MILKSHAKE

Serves 2

INGREDIENTS

- 2 cups milk
- ¼ cup malted milk powder
- ½ cup caramel topping or sauce
- 2 scoops vanilla ice cream
- 2 scoops chocolate ice cream
- Chocolate curls for decoration

METHOD

1. Place milk, malted milk powder, caramel topping and vanilla ice cream into blender jug.
2. Select Medium speed, blend until well combined and frothy.
3. Pour into 2 glasses, top with chocolate ice cream and decorate with chocolate curls.

